

MOST NEEDED FOOD ITEMS TO DONATE TO SECOND HARVEST FOOD BANK

Second Harvest accepts all nonperishable items (foods that do not need to be frozen or refrigerated). We prefer non-glass containers. When collecting food for your drive, please keep in mind that we need nutritional food items that are low in sodium/salt and sugar. It's important that those individuals with limited financial (and other) resources receive the most nutritious foods available.

FRUITS AND VEGETABLES

- Canned vegetables
- Canned fruits
- Shelf-stable vegetable or fruit juice (100%)
- Diced tomatoes
- Tomato sauce
- Spaghetti sauce without meat
- Dried fruits
- Fruit cups

PROTEINS

- Canned meat (tuna and chicken)
- Dried beans, lentils or peas
- Canned beans
- Canned chili
- Peanut butter
- Nuts
- Trail mix
- Canned soups/stews

GRAINS

- Low-sugar/high-fiber cereal
- Oatmeal
- Pasta
- Whole-grain rice
- Whole-grain crackers
- Whole-wheat flour
- Grits
- Healthy snacks

MILK

- Shelf-stable milk
- Evaporated milk
- Dry milk

COOKING OIL

- Olive oil
- Canola oil
- Coconut oil

WE ALSO ACCEPT:

- Paper products
- Diapers
- Toiletries

IMPORTANT: To ensure safety, Second Harvest cannot accept rusty or unlabeled cans, perishable items, homemade items, non-commercial canned or packaged items, alcoholic beverages or mixes, energy drinks, open or used items, glass containers, baby food and baby formula.

FOR EVERY \$10 DONATION, SECOND HARVEST CAN PROVIDE 30 MEALS TO COMMUNITY MEMBERS IN NEED.
For more information, visit www.no-hunger.org